

CLAIMS

1. A sports drink comprising micronutrients in combination with conventional additives for sport drinks, characterized in containing 1-2 g of micronutrients selected from the group consisting of ascorbic acid, vitamin E, β -carotene, pyridoxine, thiamine, riboflavin, niacin, cobalamin, folacin, Q10, copper, magnesium, manganese, selenium, zinc and chromium, per 1000 g in combination with viable lactobacilli having a positive effect on human intestinal mucosa.

2. A sports drink according to claim 1, characterised in containing one or several strains of *Lactobacillus acidophilus*, *Lactobacillus casei*, *Lactobacillus fermentum*, *Lactobacillus paracasei*, *Lactobacillus plantarum*, *Lactobacillus reuteri*, *Lactobacillus rhamnosus* having the ability to colonise in the intestines, in a therapeutically effective amount.

3. A sports drink according to claim 1 or 2, characterized in containing the micronutrients vitamin C, vitamin E, and selenium.

4. A sports drink according to any of claims 1-3, characterized in containing the micronutrients ascorbic acid, vitamin E, β -carotene, pyridoxine, copper, magnesium, manganese, selenium, and zinc.

5. A sports drink according to any of claims 1-4, characterised in containing per 1000 g

ascorbic acid	500-1200 mg
vitamin E	250-375 mg
β -carotene	15-25 mg
pyridoxine	15-25 mg
sodium	20-60 mg
potassium	60-100 mg
copper	0.5-1.5 mg
magnesium	120-175 mg
manganese	1-3 mg
selenium	0.05-0.15 mg
zinc	5-15 mg

6. A sports drink according to any of claims 1-5, which comprises proteins, optionally in combination with amino acids.

7. A sports drink according to claim 6, wherein the protein is a whey protein or whey protein hydrolysate.

8. A sports drink according to any of claims 1-7, which comprises carbohydrates having a low glycemic index, optionally in combination with carbohydrates of a high glycemic index.

9. A sports drink according to any of claims 1-8, characterised in containing per 1000 g

whey proteins	15-60 g
carbohydrates	40-150 g
micronutrients	1-2 g
a probiotic strain of <i>Lactobacillus plantarum</i>	$5 \cdot 10^7$ - $5 \cdot 10^8$ cfu/ml

10. A sports drink according to any of claims 1-9, characterised in containing *Lactobacillus plantarum* 299v (DSM 9843).

11. A sports drink according to any of claims 1-10 for use as a medicament for increasing the antioxidative capacity.

12. Tablet for the preparation of a sports drink according to any of claims 1-10 in vivo or in vitro, characterised in that it comprises micronutrients in combination with freeze-dried, viable lactobacilli.

13. Use of lactobacilli for the preparation of a sports drink according to any of claims 1-10 to prevent and treat stress symptoms, gastrointestinal disturbances, and lesions of the mucous membrane of the intestines.

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